

**MARCH 2012** 

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National Nutrition Month

Save Your Vision Month

> National Colorectal Cancer Awareness Month

> > with...

Brain Awareness Week

World Kidney Day

American Diabetes Alert Day

And more!

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at

<u>www.health</u> finder.gov/nho .

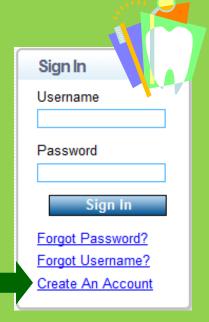
### WORKING WELLNESS

Good Health is Good Business

# www.UCCI.com

United Concordia went into effect January 1, 2012 as your new dental insurance. Sign up with United Concordia to gain access to all they have to offer.

- Visit My Dental Benefits. A section on the website that offers access to your benefits and claim information, printable ID cards, and more!
- ❖ Visit *Dental Health Center*. A section that provides information on oral health, how proper dental care, even information for your kids!
- ❖ Visit *Find A Dentist*, to find an in-network dentist in your area!
- Visit their *Glossary*. This section offers definitions of all those terms that your dentist uses!



This website also offers access to United Concordia current and archived newsletters. If you were ever curious to learn about your teeth, here's your chance!

To create an account, you might need the member number that was provided on your United Concordia card. If you have any trouble creating an account or have any questions regarding your dental insurance, don't hesitate to call United Concordia at 1-800-332-0366.

# SPOTLIGHT OF THE MONTH: Wellness Website and the Corner

## www.ADA.org

Did you know that certain medication can affect the health your teeth? Check out this article from the American Dental Association:



http://www.ada.org/2594.aspx

While you're there, check out other information offered by the American Dental Association (ADA). They are "America's leading advocate for oral health."

"Founded in 1859, the American Dental Association is the oldest and largest national dental society in the world. Since then, the ADA has grown to become the leading source of oral health related information for dentists and their patients."



Learn about their policies, more about their history and advocacy, and their "commitment to the public's oral health, ethics, science and professional advancement and access to care for all Americans."

They also offer public resource information and news about science and research from the realm of oral health.

# KidsHealth.org

We've featured *KidsHealth.org* before, but we'd like to point out that they have a lot of information on there that should be easily absorbed by any child. Check out these two articles from them:

- Your Teeth at kidshealth.org/kid/htbw/teeth.html
- Taking Care of Your Teeth at kidshealth.org/kid/stay\_healthy/body/teeth\_care.html

It's good to teach your child the value of a healthy smile!



#### SPOTLIGHT OF THE MONTH: EAP Webinar

#### Putting Worry on the Back Burner

"Do you consider yourself a worrier? Do others say you worry too much? Do worries keep you awake at night or distract you during the day? Does someone you care about spend too much time worrying? If any of your answers are "yes," be sure to attend this webinar."

March 28<sup>th</sup> 3:00PM – 4:00PM

Register at: www.horizoncarelink.com

Login: MCBOCC Password: MCBOCC



Providing you with continuous general information on your Workers' Compensation benefits.

### No Place for Horseplay

We have enough hazards at work without someone creating new ones.

And, once someone is hurt as a result of a practical joke, you can't take it back.

"I'm sorry" or "We were just having some fun" won't heal a laceration, mend a broken bone or restore someone's vision. "I thought it would be funny if..." can turn into a 911 call in an instant.

There are TV shows, movies and YouTube videos full of people doing stupid things.

There's absolutely **no place** for horseplay **at work**.

It can **only result in some**thing bad for everyone. And, since horseplay is usually a violation of policy, those responsible may face disciplinary action...

...no matter how bad that person feels.

Horseplay might also result in a **decrease or denial** of benefits under Workers' Compensation laws if someone gets hurt.

These articles appear courtesy of our workers' compensation company, Employers Mutual, Inc. (EMI), and were selected from their monthly newsletter, *Safety Matters*. The full newsletter provides a wealth of information related to employee safety. Future EMI newsletters, or some archived newsletters can be viewed at:

www.emi-tpa.com/services/safety-matters.html

Injured workers are also encouraged to visit the Division of Workers' Compensation website at <a href="https://www.fldfs.com/wc">www.fldfs.com/wc</a> where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.